

# Nourish Retreat

**@ Topia Boutique Retreat  
El Pescadero, Baja California Sur, Mexico  
Friday, November 3 – Wednesday, November 8, 2023**

## Application & Agreement

### Date & Location

Hosted at the luxury Topia Boutique Retreat in El Pescadero, BCS, Mexico this retreat runs from 3:00pm on Friday November 3 to 11:00am on Wednesday, November 8, 2023.

Only retreat participants, leaders, vendors, and staff will be allowed on site at Topia Retreat. Please note, additional guests are not allowed to join.

We will take an excursion to Todos Santos, about 15 minutes driving for a taco tour and an afternoon of shopping and exploring the culture of Baja Sur's "Pueblo Magico". Topia Retreat is located on El Pedrito beach and about a 20 minute walk from Cerritos Beach. All other included activities will be on-site at Topia Retreat.

Mother Nature does her own thing. This retreat runs rain or shine, though November is generally dry and pleasant.

### Included

- 5 nights/6 days accommodation at Topia Boutique Retreat
- Hearty, healthy meals daily (breakfast, brunch, snacks, dinner)
- Roundtrip group airport transportation from SJD
- Tea, coffee, juices, & purified drinking water
- Yoga daily
- Taco tour in Todos Santos
- 60 minute massage or Reiki session
- 30 minute tarot reading with Jessica Chappel of Tarot de Baja
- Smudge stick workshop with Kelly of KK Discovers
- & a special gift from Gina!

**Not Included:** Flights, travel insurance, alcohol, gratuities, additional massage/facial/Reiki services, additional activities, additional transportation, surf lessons.

## **Meals**

Topia Retreat is able to cater to specific dietary needs when given advance notice. Any special requests should be conveyed to Gina 30 days prior to our retreat. Topia's private chef can accommodate these special diets only with advance notice so we can all enjoy healthy, delicious meals together.

## **Optional Add-Ons**

All add-ons require 30 days notice and payment up front as we need to secure the vendors. Transportation is not included for off-site additions, but assistance will be provided. Scheduling multiple add-ons may result in missing included elements of this retreat, but you are encouraged to design your retreat the way you want it to be!

- Massage, facial, Reiki
- Surf lesson

Itinerary is subject to change.

## **Accommodations**

All rooms at Topia Boutique Retreat are ensuite with spectacular views of the Pacific Ocean. Shared rooms have a kitchenette and balcony. Twin beds are in shared rooms with their own outlets and storage. The private queen rooms (Piscina Suites) are on the main level, walk out to the pool deck, and do not have kitchenettes.

\$2,595 twin bed, shared room (individual booking) – Surf Suite

\$3,195 queen bed, private room (single occupancy) – Piscina Suite

\$2,695 queen bed, private room (double occupancy) – Piscina Suite

\$3,295 king bed, private room (single occupancy) – Pacific Suite

\$2,795 king bed, private room (double occupancy) – Pacific Suite

\$2,595 twin bed, private room (triple occupancy) – Pacific Suite

\$2,595 twin bed, shared room (quadruple occupancy, must be booked together) – Sunset Suite

Only the twin beds in the shared Surf Suite can be booked individually. All private rooms require that the entire room be booked based on desired occupancy. Notify Gina who you will be sharing the bed with.

## **Reservation & Fees**

A \$500 *non-refundable* deposit is due at the time of application (cash, PayPal, or Venmo). PayPal is accepted, but needs to be a Friends & Family payment to avoid the fees. Credit card fees are payable by the participant. At least 50% payment is due by June 4, 2023. At least 75% payment is due by August 4, 2023. Payment is due in full by September 4, 2023. Bookings made after this date must be paid in full within 72 hours of confirmation.

PayPal : Gina Molinari [Jupiter1287@aol.com](mailto:Jupiter1287@aol.com)  
Venmo: Gina-Molinari-2 / 908.216.6850  
Zelle: Jupiter1287@aol.com

### **Photo & Video Release**

By signing this release, you understand that photos and video may be taken during this retreat. Gina Molinari, Topia Boutique Retreat, other participants, and vendors have the right to use any such photographs in advertising, displays, publicity materials, etc without obtaining further consent.

### **Cancellations/Refunds**

Cancellations are non-refundable, based on Topia Boutique Retreat's cancellation policy.

In these unpredictable times, we highly encourage travel insurance that will cover the cost of this retreat and your flights. Should you get sick or chose not to attend, a refund cannot be given. Any documentation needed for a travel insurance claim will be provided to the best of our ability.

### **Covid/ Health & Safety**

Mexico has remained vigilant about covid safety protocols since the beginning of the pandemic. As of January 2023, masks are no longer required in public places, but be aware that mandates may change at any time.

**Guest Arrival to Mexico** - No restrictions via the Mexican government (as of Jan 2023), however Topia Retreat may require visitors to present a negative viral COVID test or documentation administered within 48 hours of their arrival via email to [info@topiaretreat.com](mailto:info@topiaretreat.com).

**Guest Departure from Mexico** – As of January 2023, there are no departure requirements regarding COVID for USA citizens returning from Mexico to the USA. If desired, there are two testing locations in Todos Santos: [Saint Judes](#) or [Sadat Laboratory](#) .

As rules and regulations can change abruptly, please keep yourself updated. Neither Gina nor Topia retreat can be responsible for covid regulations that may impact your travel.

### **Travel Insurance**

Trip insurance is readily available and should be purchased by all retreat participants. Gina can assist in choosing a plan, but you should search for “travel insurance that covers covid” and can find plans for between \$75-\$130. Should you need to cancel your trip for a covered cause, Gina will provide any available information. Please understand the importance of travel insurance for emergencies, delays, and unfortunate circumstances.

As the refund policies enforced by Topia are very strict, refunds absolutely cannot be offered.

### **Additional Information**

A valid passport with at least 6 months before expiration is required at the time of entry. The tourist visa is included with most flight fees. Please refer to the [US Department of State](#) website for additional information about travel to Mexico.

Please contact Gina directly, NOT Topia Boutique Retreat, with any questions or concerns.

[GinaMYoga@gmail.com](mailto:GinaMYoga@gmail.com) or 269.535.1863

### **Agreement of Release and Waiver of Liability**

I am aware that participation in this retreat is at my own risk. I acknowledge that I am voluntarily participating in yoga classes, hiking, etc. I acknowledge the risks of injury for which I voluntarily assume, and I confirm that I meet a minimum level of physical health, strength, fitness, and flexibility. If I feel unable to participate in any activities, it is my responsibility to opt-out.

As consideration for being permitted to participate in this program, I hereby agree that I, myself, my assignees, heirs, guardians and legal representatives will not claim against, sue or hold responsible Gina Molinari or Topia Boutique Retreat for injury or damage resulting from my participation in use of the facilities and from participation in any activity. I hereby release Gina Molinari and all her agents and heirs from any and all such actions, claims or demands.

The undersigned participant agrees that Gina Molinari and Topia Boutique Retreat and its representatives shall not be held responsible for any injury, damage, loss, delay or irregularity for any reason, including but not limited to any defect in equipment, locale, or vehicle or from unforeseen events including but not limited to natural disasters, wild animals, delays or otherwise.